

# 50+ ADULTS

## Peter Kirk Community Center 50+ Programs

352 Kirkland Ave, Kirkland, WA 98033

425-587-3360

Monday–Friday: 8am-5pm



The Peter Kirk Community Center (PKCC) is committed to providing daytime opportunities for people aged 50 and over, to create healthy and rewarding lives for themselves and others.

### OUR MISSION

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch two days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship, and socialization in a warm and friendly atmosphere.

### EVERYONE IS WELCOME

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e., incontinence, inability to use the restroom facilities by oneself, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day centers (see page 57) or contact EvergreenHealth Community Healthcare Access Team at 425-899-3200 for other options.

### ENDORSEMENTS

Classes, workshops, services, and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

CENTER CLOSED AT 12PM 12/24, 12/31    CENTER CLOSURE DATES 9/2, 11/28, 11/29, 12/25, 1/1, 1/20, 2/17

## GAMES



### Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

### Drop-in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners. All are welcome to join Thursdays at 11am.

### Cards

Come use our card rooms for a friendly game; available days vary. Call 425-587-3360 for more information.

### Pool

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room.



# Special Events

at the Peter Kirk Community Center

## SPECIAL EVENTS

### Afternoon Dances with the Mountaineers

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively afternoon drop-in dance is open to everyone, no partner or experience needed!

Mon 10/7, 12/16, 3/17 2:30-4:30pm  
\$9 at the door

### Senior Resource Fair

Join us for this fun community event that gives adults 50+ and their families an opportunity to gather information and get answers to questions they may have. Local area agencies will provide information on services ranging from health and wellness, legal services, transportation, senior living options, and much more.

Thu 9/19 10am-12pm  
Free

### Turkey Treats

Elvis will be in the house and ready to have fun! Enjoy fun musical entertainment by Danny Vernon while you celebrate Thanksgiving with all your friends, followed by a delicious holiday meal prepared by Koelsch Senior Communities. Advance registration required by 10/31!

19507 Thu 11/14 11am-1pm  
\$10

### 21<sup>st</sup> Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited! Advance registration required by 11/27!

20139 Sat 12/7 10-11am  
Free

### Holiday with the Hawks

Kick off your holiday season with this fun and unique event just for the seniors in our community. Join us and Seahawk Legends for the 12 Days of Goodness. If you are a huge 12 or a fan of the Seahawk Legends, this is an event you will not want to miss! You will have an opportunity to get photos, autographs and hear fun stories from some of your past favorites. Special thanks to Answers for Elders for making this special opportunity possible and to Sunrise Senior Living for sponsoring the lunch. Advance registration required by 12/1!

19508 Thu 12/12 11am-1pm  
\$5

### Holiday D'Lights

Add some merriment to the season with the Memphis Belles at our annual holiday celebration featuring festive music. A delicious lunch prepared by Aegis will follow. This is one party you won't want to miss; it's guaranteed to get you in the spirit of the season! Advance registration required by 12/6!

19510 Fri 12/20 11am-1pm  
\$10

### Pi & Bingo

Celebrate Pi Day with a slice of pie and a chance to win a fabulous prize at bingo. Advance registration required by 3/5!

19511 Fri 3/14 11am-1pm  
\$10

## Kirkland Senior Council Special Presentation

### Medicare Part D

Outreach Specialists for Medicare & Medicaid Services will be onsite to provide non-biased information on Medicare Part D plans. Learn how to best utilize your plan, when and how to change your plan and what rights you are entitled to. Also, hear about the changes to Medicare Part D including the out-of-pocket spending cap and other updates.

19853 Thu 10/10 1-2:30pm  
Free

### Aging in Place Part II; Construction & Remodeling

It is a scientific fact that people who stay living in their own homes live longer, happier, healthier lives that are less expensive than traditional care facilities. Aging in place doesn't need to feel sterile or hospital-like. Comfort, convenience, and stunning design all work together so all may thrive and enjoy life and each other in the home. Not ready for a full-scale remodel? That is ok, learn how to prepare your spaces for future easy modifications when needed. It doesn't all need to be done now. Learn how you can prepare for your future today. Preregistration is required.

19854 Thu 1/30 10am-12pm  
Free



# Movie & Popcorn

Join your friends for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is welcome! Registration required.

**TUESDAYS • 1-3 PM • FREE**

|                           |       |       |
|---------------------------|-------|-------|
| Priscilla (R)             | 9/17  | 19449 |
| A Haunting in Venice (R)  | 10/15 | 19450 |
| Arthur the King (PG-13)   | 11/19 | 19451 |
| Cabrini (PG-13)           | 12/17 | 19452 |
| Wicked Little Letters (R) | 1/21  | 19453 |
| Wonka (PG)                | 2/18  | 19454 |
| The Long Game (PG)        | 3/18  | 19455 |

## Video/DVD Movie Checkout

Our movie checkout library has grown. Movies are available to check out, free of charge.



## Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 2-4pm



## ARTS & CRAFTS

### Graphite Drawing

Come learn how to create realistic pencil drawings from reference photos and still life while learning many skills and techniques. Learning to draw with graphite pencils is a foundation for many forms of art. Instruction of special techniques will be offered to enhance the drawings produced each week. In this class you will acquire skills in value, proportion, perspective, texture, and representing three-dimensional forms as well as many others. All levels of experience are welcome. (No class 1/20, 2/17)

|                |     |            |                |
|----------------|-----|------------|----------------|
| <b>AGE:18+</b> |     |            |                |
| 19588          | Mon | 9/16-9/30  | 9:30-11:30am   |
|                |     |            | R \$49/NR \$59 |
| 19589          | Mon | 10/7-10/28 | 9:30-11:30am   |
| 19591          | Mon | 1/6-2/3    | 9:30-11:30am   |
| 19592          | Mon | 2/10-3/10  | 9:30-11:30am   |
|                |     |            | R \$65/NR \$78 |

LOCATION: PKCC  
INSTRUCTOR: KIMBERLY SMITH

### Watercolor Painting-Day

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC. (No class 9/18, 12/25, 1/1)

#### 4 CLASSES

|                |     |            |       |
|----------------|-----|------------|-------|
| <b>AGE:18+</b> |     |            |       |
| 19571          | Wed | 9/4-10/2   | 1-4pm |
| 19572          | Wed | 10/9-10/30 | 1-4pm |
| 19575          | Wed | 11/6-11/27 | 1-4pm |
| 19576          | Wed | 12/4-1/8   | 1-4pm |
| 19577          | Wed | 1/15-2/5   | 1-4pm |
| 19578          | Wed | 2/12-3/5   | 1-4pm |
| 19579          | Wed | 3/12-4/2   | 1-4pm |

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: JEAN PRATT-BEUOY

### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425-587-3360.

|                   |       |         |
|-------------------|-------|---------|
| Tue               | 1-3pm | Ongoing |
| \$5 per visit fee |       |         |

### Needle Craft Group

Have fun, socialize, and work on your hand work.

|      |           |         |
|------|-----------|---------|
| Wed  | 10am-12pm | Ongoing |
| Free |           |         |



## DANCE

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

6 classes (No class 11/26)

AGE:18+

|       |     |             |         |
|-------|-----|-------------|---------|
| 19501 | Tue | 9/3-10/8    | 10-11am |
| 19502 | Tue | 10/29-12/10 | 10-11am |
| 19503 | Tue | 1/7-2/11    | 10-11am |
| 19504 | Tue | 2/18-3/25   | 10-11am |

R \$48/NR \$58

Drop-In Rate \$9

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN



### MORE DANCE CLASSES

See pages 34-35



## FITNESS & EXERCISE

### Enhance® Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation. (No class 9/2, 9/4, 9/13, 9/20, 11/11, 11/27, 11/29, 12/20, 12/25, 12/27, 1/1, 1/3, 1/20, 2/17, 3/14)

Call 425-587-3360 for session dates.

Mon, Wed, Fri 10:15-11:15am

R \$75/NR \$90

LOCATION: PKCC

### Harmony & Balance Yoga

NEW

Calm your mind while honoring the physical body with intentional movement and breath work. Focus on gentle yoga sequences and stretches that will enhance physical strength, flexibility and balance while nurturing the spirit. Please bring yoga mat.

4 classes (No class 9/19, 10/3, 10/10, 11/14, 12/12, 1/30, 2/13)

AGE:18+

|       |     |             |               |
|-------|-----|-------------|---------------|
| 19512 | Thu | 9/5-10/17   | 10:30-11:30am |
| 19513 | Thu | 10/24-11/21 | 10:30-11:30am |
| 19514 | Thu | 12/5-1/2    | 10:30-11:30am |
| 19515 | Thu | 1/23-2/27   | 10:30-11:30am |
| 19516 | Thu | 3/6-3/27    | 10:30-11:30am |

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: DEBORAH MATTINGLY

### Yoga for Beginners



Virtual Yoga for Beginners-Wednesday

With over 25 years' experience teaching yoga, Sally teaches the basics of yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face; this class loves to laugh! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class.

4 classes (No class 1/29)

AGE:18+

|       |     |             |         |
|-------|-----|-------------|---------|
| 20083 | Wed | 10/2-10/23  | 10-11am |
| 20084 | Wed | 10/30-11/20 | 10-11am |
| 20085 | Wed | 11/27-12/18 | 10-11am |
| 20086 | Wed | 1/8-2/5     | 10-11am |
| 20087 | Wed | 2/12-3/5    | 10-11am |
| 20088 | Wed | 3/12-4/2    | 10-11am |

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



## Strength & Stretch



Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use, please feel free. Zoom login information will be sent prior to class.

4 CLASSES (NO CLASS 9/13, 9/20, 10/11, 11/29)

| AGE:18+ |     |             |         |
|---------|-----|-------------|---------|
| 20089   | Fri | 9/6-10/18   | 10-11am |
| 20090   | Fri | 10/25-11/15 | 10-11am |
| 20091   | Fri | 11/22-12/20 | 10-11am |
| 20092   | Fri | 1/3-1/24    | 10-11am |
| 20093   | Fri | 2/7-2/28    | 10-11am |
| 20094   | Fri | 3/7-3/28    | 10-11am |

\$32

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: SALLY RODICH

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41

## Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere is exercise in disguise! Feel the music, forget you are exercising and just move with joy! You don't have to know how to dance, just know how to have fun! All abilities welcome. Wear athletic shoes.

4 CLASSES

| AGE:18+ |     |             |          |
|---------|-----|-------------|----------|
| 20095   | Tue | 9/3-9/24    | 2:15-3pm |
| 20096   | Tue | 10/1-10/22  | 2:15-3pm |
| 20097   | Tue | 10/29-11/19 | 2:15-3pm |
| 20104   | Tue | 11/26-12/17 | 2:15-3pm |
| 20106   | Tue | 1/7-1/28    | 2:15-3pm |
| 20107   | Tue | 2/4-2/25    | 2:15-3pm |
| 20108   | Tue | 3/4-3/25    | 2:15-3pm |

R \$35/NR \$42

LOCATION: PKCC  
INSTRUCTOR: MARIETTA SARKISOVA

## Fit, Fabulous & Over 50

NEW

ENERGIZE your morning with friends! Join us and jumpstart your day with stretching and strengthening. You will go through a series of exercises to build strength, flexibility, and balance to achieve overall improved conditioning. Each class includes some wall Pilates for the ultimate full-body workout. You will leave class feeling happy, connected, invigorated AND eager to take on whatever life has to offer. No mat needed but bring your water bottle and a willingness to engage. All abilities welcome. (No class 9/19, 10/14, 11/28, 12/12)

4 CLASSES

| AGE:18+ |     |             |        |
|---------|-----|-------------|--------|
| 20111   | Thu | 9/5-10/3    | 9-10am |
| 20117   | Thu | 10/10-10/31 | 9-10am |
| 20118   | Thu | 11/7-12/19  | 9-10am |
| 20119   | Thu | 1/2-1/23    | 9-10am |
| 20120   | Thu | 2/6-2/27    | 9-10am |
| 20121   | Thu | 3/6-3/27    | 9-10am |

R \$40/NR \$48

LOCATION: PKCC  
INSTRUCTOR: CHRIS KOCHER

## Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your well-being.

5 CLASSES (NO CLASS 11/28)

| AGE:18+ |     |             |          |
|---------|-----|-------------|----------|
| 19960   | Thu | 11/21-12/26 | 3-4:15pm |
| 19961   | Thu | 3/6-4/3     | 3-4:15pm |

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: HELEN HUANG



## Virtual Tai Chi & Meridian Stretching

5 classes

| AGE:18+ |     |             |          |
|---------|-----|-------------|----------|
| 19962   | Mon | 11/18-12/23 | 4:45-6pm |
| 19963   | Mon | 3/3-3/31    | 4:45-6pm |

\$55

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

## Mindfulness Meditation Virtual



Lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, chanting, and body-scanning (vipassana) techniques. Study methods to effectively release and manage physical and mental stress. Through mindfulness practice, learn to enjoy living fully in the present moment.

6 CLASSES

| AGE:18+ |     |          |             |
|---------|-----|----------|-------------|
| 19964   | Wed | 1/8-2/12 | 7:30-8:30pm |

\$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG



### Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Program Coordinator. Advance registration is required for all programs. Call 425-587-3360.

### Real Estate

#### Retire & Upsize, Downsize or Rightsize Your Dream Home NEW

Join a Senior Mortgage Specialist for a roundtable workshop on why the Home Equity Conversion Mortgage for Purchase (H4P) loan may be optimal for homebuyers 62 and over to purchase their next home.

|         |     |      |                |
|---------|-----|------|----------------|
| AGE:18+ |     |      |                |
| 20080   | Wed | 2/19 | 6:30-8:30pm    |
|         |     |      | R \$12/NR \$14 |

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

### Federally Insured Reverse Mortgage Program

Are you or your spouse at least 62 years of age and have equity in your home? If yes you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

|         |     |      |                |
|---------|-----|------|----------------|
| AGE:18+ |     |      |                |
| 19554   | Wed | 10/9 | 10:30am-12pm   |
| 19555   | Wed | 3/26 | 10:30am-12pm   |
|         |     |      | R \$12/NR \$14 |

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

## COMPUTERS

### One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Due to high demand for this service, participants are allowed only one appointment per month. \*Participants should bring their own laptop, iPad or phone. Advanced registration is required, call 425-587-3360 to schedule an appointment.

Wednesdays

Free

LOCATION: PKCC  
INSTRUCTOR: MICHELE GIBSON

## KIRKLAND EMERGENCY MANAGEMENT

### Are you prepared?

Kirkland Emergency Management offers in-person and online opportunities for you to prepare yourself, your family, and your community!



Find out more about our class offerings, preparedness information, and sign up for our newsletter by visiting us at [www.kirklandwa.gov/KirklandEM](http://www.kirklandwa.gov/KirklandEM).



## Enhance® Wellness Program

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight, or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not acting on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. Enhance®Wellness is a participant-driven, evidence-based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is FREE of charge.

(Fridays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)  
 LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

### Enhance®Wellness - Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, loss and grief, life transitions, etc.

(Mondays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)  
 GEORGIA RIGLER; 425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

### Community Resource Specialist Consultation

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state, or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Help finding housing or transportation
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

Program is FREE of charge

(Wednesdays 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)  
 CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

## PEARLS COUNSELING

PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

In the past two weeks ...

- Have you been feeling sad, down, or hopeless?
- Have you had little interest or pleasure in doing things?

If you answer "yes" to either of these questions PEARLS may be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. All this is done with a trained PEARLS counselor.

Program is FREE of charge.

(MONDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)  
 GEORGIA RIGLER, MSW, LICSW; 425-286-1047;  
 GEORGIAR@MYNORTHSHORE.ORG

(FRIDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)  
 LYDIA BARNESLEY, LPN; 425-286-1029;  
 LYDIAB@MYNORTHSHORE.ORG





### Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and wellbeing. Please call for an individual appointment.

Mondays by appointment.

This service is FREE.

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@MYNORTHSHORE.ORG

## SUPPORT & DISCUSSION GROUPS

### Women's Coffee Hour


Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

Mondays, 10-11am

Free

LOCATION: PKCC, IN-PERSON  
FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

### Rainbow Pride Coffee Hour NEW

 Join us monthly for our conversation and coffee hour dedicated to building connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors.

First Wednesday of month, 9-10am

Free

LOCATION: PKCC  
FACILITATOR: CASSIDY STOUT, MSW, 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

### Co-Ed Coffee Hour

Join other people in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

Wednesdays, 11am-12pm

Free

LOCATION: PKCC, IN-PERSON  
FACILITATOR: CASSIDY STOUT, MSW, 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG



### Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups.

It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays 1:30-2:30pm

FREE

LOCATION: NSC BOTHELL, ROOM 104  
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

### Men's Conversation Café

Join other men in this free weekly group. It's an opportunity to make social connections and to have some fun and enjoyable conversation.

Wednesdays 11am-12pm

Free

LOCATION: VIRTUAL  
FOR MORE DETAILS, CONTACT JOHN RYND, 425-308-4613.

### The More You Know: Community Resources & Info Sharing NEW

Meet on the first Tuesday of each month to learn, share and explore resources in the community. Sessions will have both information being presented as well as space for others to share what they know or have experienced in accessing community supports. Registration required.

First Tuesday of each month, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205  
FACILITATOR: CASSIDY STOUT, MSW, COMMUNITY RESOURCE SPECIALIST  
FOR MORE DETAILS AND TO REGISTER, CALL OR EMAIL 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG



## Sharing and Caring

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205  
FOR MORE DETAILS, CONTACT  
JANET ZIELASKO, MS, LSW, 425-286-1035;  
JANETZ@MYNORTHSHORE.ORG



## From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

Third Wednesday, 10-11am

Free

LOCATION: NSC BOTHELL, ROOM 203  
FACILITATOR: GEORGIA RIGLER, MSW, LICSW  
425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

## Diabetes/Pre-Diabetes Group

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

First Friday, 11am-12pm

Free

LOCATION: PKCC (IN-PERSON)  
FACILITATOR: LYDIA BARNESLEY, LPN,  
WELLNESS NURSE, 425-286-1029;  
LYDIAB@MYNORTHSHORE.ORG

## Parkinson's Support Group

Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

Third Tuesday, 10-11am

Free

LOCATION: VIRTUAL  
FACILITATOR: JANET ZIELASKO, MS, LSW,  
425-286-1035; JANETZ@MYNORTHSHORE.ORG

### ROCK STEADY BOXING

See page 37

## Adult Children of Aging Parent Support Group



Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of your life? Learn, share, and gain resources and emotional support from others who are traversing this inevitable transition.

Third Wednesday, 6:30-8pm

Free

LOCATION: VIRTUAL  
FACILITATOR: JANET ZIELASKO, MS, LSW  
425-286-1035; JANETZ@MYNORTHSHORE.ORG



## Caregivers Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

First and third Thursdays, 10:30am-12pm

Free

LOCATION: ADVENT LUTHERAN CHURCH  
(IN-PERSON) 4306 132ND ST., SE, MILL CREEK  
FACILITATOR: PAM JONES, MSW, 425-346-9856;  
PAMJONESGAL@YAHOO.COM

Second Wednesday; 1-2pm

Free

LOCATION: NSC HEALTH AND WELLNESS CENTER;  
CONFERENCE ROOM  
FACILITATOR: KATHY BATES, BS, GMHS, KATHYB@  
MYNORTHSHORE.ORG

Fourth Wednesday, 11am-12pm

Free

LOCATION: VIRTUAL  
FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-  
1035; JANETZ@MYNORTHSHORE.ORG

NEW

## Peer Discussions Group Challenging Family Situations

This free, peer-led discussion group will focus on challenging and strained relationships with adult children, grandchildren and/or family members impacted by drug/alcohol use and/or addiction. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care, and coping. We care and want you to know that you are not alone.

Every Thursday, 1-2:30pm

Free

LOCATION: NSC BOTHELL, ROOM 103  
FOR MORE INFORMATION, CONTACT  
TERRY BUSCH AT 510-813-1825.

## WELLNESS CLASSES

### Mandala

Mandala - loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When creating a mandala, you work on focusing from the center of the circle to the outer edge. In this class, you will learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels, and cards in making this creative tool for mindfulness! You can also feel free to bring your own pictures and anything else you may wish to include for your mandala. \$5 supply fee; payable to instructor at start of class.

AGE:50+

19742 Wed 9/9 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: BERTHA MARSELIS



### Eating for Kidney Health

Learn about the kidney-friendly diet. Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease.

AGE:50+

20201 Fri 9/20 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: PUGET SOUND KIDNEY CENTER REPRESENTATIVE



### Medicare Open Enrollment Presentation

During this FREE session, you will learn:

- What you can do during Medicare Open Enrollment
- Choosing and changing plans
- Medigaps
- How to get help paying for Medicare

Registration required; seating is limited.

AGE:18+

19744 Mon 9/30 1-3:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: LARRY COLE AND RASHMI DUGAL, SOLID GROUND SHIBA VOLUNTEERS

### Opioids in Our Community: What I Need to Know

Learn how opioids are impacting our communities and how to administer naloxone (aka "Narcan") after an overdose emergency. Whether you know someone who uses opioids or not, you might be able to save someone's life.

AGE:50+

19758 Wed 10/9 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: SEAN HEMMERLE, OVERDOSE EDUCATION & NALOXONE DISTRIBUTION CONSULTATION

### Matter of Balance

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls.

AGE:18+

19759 Fri 10/18-12/13 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

FACILITATORS: LYDIA BARNESLEY, LPN & JANET ZIELASKO, MS, LSW

### Significant Life Changes: From Loss to Self-Care and Creating New Beginnings

NEW

Change and transition happen to each of us in life. Changes may come in relationships, living locations, work, retirement, health, world health, and death of a loved one. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

AGE:50+

19760 Mon 11/4 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: GEORGIA RIGLER, MSW, LICSW

ASK US ABOUT OUR SCHOLARSHIP PROGRAM See page 41



**Mindfulness Practice:  
Living a Happier & Healthier Life**

Please join us for a 90-minute presentation with a longtime meditation teacher and practitioner, who will share how to meditate, how it works, and how to get past obstacles. Mindfulness practice is cultivating moment-by-moment awareness of breathing, while observing thoughts and feelings without judgment. We will learn how to relax into the present, how to not get stuck in difficulties. From this mindfulness, happiness and freedom arise.

AGE: 18+  
19761 Mon 1/6 1-2:30pm  
Free; Pre-registration required.

LOCATION: PKCC  
PRESENTER: STEVE WILHELM, CERTIFIED MINDFULNESS TEACHER

**Living Well with Chronic Conditions**

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration, or isolation? If you respond "yes to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well!

AGE: ALL AGES  
19764 Fri 3/7-4/11 1-3:30pm  
Free; Pre-registration required.

LOCATION: PKCC  
PRESENTER: LYDIA BARNESLEY, LPN & JANET ZIELASKO, MS LSW



**COMMUNITY  
BONFIRES  
at the Park!**

Kirkland Parks and Community Services warmly welcomes the community to enjoy bonfires hosted by City staff that accompany Argosy Cruises' Christmas Ship Festival stops at waterfront parks.

**KIRKLAND MARINA PARK**  
Wednesday, December 18 • 5:00 PM - 5:20 PM

**OO DENNY PARK**  
Friday, December 20 • 8:30 PM - 8:50 PM

**JUANITA BEACH PARK**  
Sunday, December 22 • 2:35 PM - 2:55 PM



Bonfires can be canceled due to inclement weather, burn bans, etc. Call the Bonfire Hotline for day of updates 425-587-3345.



# EvergreenHealth

## The Tell-Tale Heart

NEW

Learn to recognize the warning signals of heart disease and raise your awareness of risk factors. You will also get the facts on the latest medical research and lifestyle recommendations.

Thu 9/12 1-2:30pm

Free

## Living with Ease and Arthritis

NEW

Make your home arthritis friendly by creating more accessible living space with assistive technology and learn simple techniques for daily use.

Thu 10/17 1-2:30pm

Free

## Chair Yoga

This is a gentle form of yoga practiced sitting in a chair or standing with the support of a chair. It is appropriate for those with mobility issues due to aging and body constitution or those recovering from recent surgeries.

Thu 11/21 1-2:30pm

Free

## Eating for a Healthy Weight Loss

NEW

Talk to a nutritionist about diet risks, myths, and fads. Learn simple, safe tips for achieving healthy weight loss while maintaining balanced nutrition.

Thu 12/19 1-2:30pm

Free

## First Response

NEW

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble.

Thu 1/16 1-2:30pm

Free

## Good Night, Sleep Tight

NEW

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

Thu 2/13 1-2:30pm

Free

## Growing Older, Eating Better: Nutrition for Adults

NEW

Learn why good nutrition in later years can help lessen the effects of osteoporosis, high blood pressure, gastrointestinal problems, other diseases and chronic conditions.

Thu 3/13 1-2:30pm

Free

**TO REGISTER FOR EVERGREENHEALTH CLASSES, CALL 425-899-3000 AND PRESS 1.**

LOCATION: PKCC

## Health Services

### Oral Health Care

Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$95.00. This is a special program approved by the WA State Legislature. For appointments and more information call 425-587-3360. LOCATION: PKCC

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425-403-5255.

### Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday and Tuesday, to be enjoyed on-site at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360. \$4.50 donation for 60+, all others \$6.50.

### Statewide Health Insurance Benefits Advisor (SHIBA) Appointments

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the fourth Friday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long-term care insurance.

Appointments required, call 425-587-3360

### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206-241-5650 or go to [www.kcwics.org](http://www.kcwics.org)



## Community Resources

### Community Living Connections

To speak with someone about what services and supports may be available to aid with your specific aging needs—whether you are an older adult or a caregiver—contact Community Living Connections at 1-844-348-5464 (toll-free) or visit [www.communitylivingconnections.org](http://www.communitylivingconnections.org). Calls are free and confidential. You get easy access to information, individual consultation, and local service options.

### Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425-885-1006 or go to [www.bridgemin.org](http://www.bridgemin.org)

### EvergreenHealth Community Healthcare Access Team (CHAT)

Helps older adults, low income and uninsured connect with community organizations and resources.

Call 425-899-3200 or go to

<https://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-services-programs/healthcare-access-chat/>

### AARP Area Office

American Association of Retired Persons.

Call 1-888-687-2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Up Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free, and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

## Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of caregiving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Sound Generations 206-448-3110.

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with caregiving on a short-term basis.

**EvergreenHealth Home Care** 425-899-3300

**Eastside Friends of Seniors** 425-369-9120

**Volunteer Chore Services (Catholic Comm. Svcs.)** 206-328-5787

**Jewish Family Services** 206-461-3240

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutics, activities, programs, and services for adults with cognitive and/or physical disabilities. For more information call:

**Northshore Adult Day Center** 425-488-4821

**Elder & Adult Day Services** 425-867-1799



## FINANCIAL SERVICES

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2024 tax return.

Appointments are required and available Fridays from 9am-3pm, Feb 3–April 14. Call 425-587-3360 beginning Jan 2, 2025 to schedule an appointment.

Free

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists. [www.atg.wa.gov](http://www.atg.wa.gov)

### Clearpoint Financial Services

*(Formerly Solutions Consumer Credit Counseling)*

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 1-800-750-2227 or go to [www.clearpoint.org](http://www.clearpoint.org).

### Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000. To see if you qualify, call 206-296-3920.

### Social Security

Open 7am-7pm weekdays.  
Call 1-800-772-1213 or go to [www.ssa.gov](http://www.ssa.gov)

## Legal Services

### Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association. For more information call 206-448-5720 or go to [www.soundgenerations.org/our-programs/senior-rights-assistance/](http://www.soundgenerations.org/our-programs/senior-rights-assistance/)

### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions.

No fee. Appointments required. To qualify, call 425-747-7274.

### Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee. Call 425-747-7274.

## Employment

### Employment Service

Low-income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206-624-6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service aids people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206-684-0500 or go to [www.seattle.gov/agefriendly/resources](http://www.seattle.gov/agefriendly/resources)

## Latino, Chinese and Russian/Ukrainian Services

### Educational & Recreational Programs Accessible to Latino, Chinese and Russian/Ukrainian Seniors

Programs and services available to all seniors are more easily accessible to Latino, Chinese and Russian/Ukrainian seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, participants can participate in social, recreational, and educational activities and hot lunch. Traditional program components such as outreach and advocacy are also provided.

### LATINO SERVICES – Mondays

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206-764-8044.



### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed.

Monthly 10-11:45am 1st Monday  
Free

### E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English.

Mon 12:45-2pm Ongoing  
Free

### Servicios Latinos – Lunes

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 206-764-8044.

### Estrategia para una Longevidad Saludable (en Español)

Aprenda como mejorar su salud y retardar el proceso de envejecimiento. Discutimos los elementos clave que mejorarán la calidad de vida y promoverán su bienestar.

Mensual 10-11:45am 1er Lunes  
Gratis

### ESL para Adultos Mayores Latinos

Inglés como segundo lenguaje para adultos que no hablan inglés. Diseñado para aquellos con inglés limitado o nulo.

Lunes 12:45-2pm En Curso  
Gratis

### CHINESE SERVICES – Tuesdays

For more information call Jiaoling Li at the Chinese Information & Services Center, 206-396-7287 or Boliver Choi boliverc@cisc-seattle.org.



### Chinese Dance & Music

Join this fun, social activity and meet new friends. Facilitated in Mandarin/ Cantonese language.

Tue 9:30-11:30am Ongoing  
Free

### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English.

Tue 9:30am-11:30am Ongoing  
Free

### 中文服务 – 周二

查詢詳情: 李小姐 206-396-7287 或 蔡先生 boliverc@cisc-seattle.org

### 中国舞蹈与音乐

### 中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。費用全免。

周二 - 进行中

### 中国老年人的

为不会说英语的成年人提供英语作为第二语言。专为英语水平有限或不会说英语的人设计。費用全免。

周二 进行中

### RUSSIAN / UKRAINIAN SERVICES – Thursday

For more information or to make an appointment call Alexandra at 425-698-1113 or email Aleandrat@cisc-seattle.org

### Russian Speaking Information & Assistance

CISC Eastside Family Resource Support Program is offering information and direct assistance services to the Russian speaking community at the Peter Kirk Community Center. Staff will assist Russian/Ukrainian speaking clients in understanding the options and resources available to them so they can make informed choices. Assistance in areas such as health insurance options, housing options, transportation, and more will be provided.

Thu 9am-12pm Ongoing  
Free

## Transportation



### Access

Transportation to appointments, grocery shopping and the Community Senior Center. To schedule, call 206-205-5000 or toll free 1-866-205-5001.

### Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206-448-5740 or toll free 1-800-282-5815 or go to [www.soundgenerations.org](http://www.soundgenerations.org).

### METRO Information

24-Hour Rider Information.

Call 206-553-3000 or toll free, 1-800-542-7876. TTY: 206-684-1739.

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons. Call 1-800-923-7433 or go to [www.hope-link.org/get-help/transportation](http://www.hope-link.org/get-help/transportation)

### Share a Ride & Meet a New Friend

**Do you drive to the Peter Kirk Community Center for lunch or other activities?** Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program, you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206-448-5740

## DAILY VAN TRANSPORTATION



The Peter Kirk Community Center van operates Monday – Friday, with reservations taken up to 5 PM, the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hopelink's Food Bank,
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip. To use the Kirkland Senior Van, you must be

- A resident of the City of Kirkland, and
- Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed.

**To schedule a ride or for more info, please call 425-286-1026.**

The transportation program is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

\*All trips include sales tax



# Out to Lunch Bunch



11am–2pm • R \$15 / NR \$18

### The Stone House SEATTLE

This family-owned business adds flavor to its diverse community and offers home-style cooking to bring back the nostalgic feelings of the past.

19431 9/3

### Zio Sal REDMOND

Authentic generational Italian recipes in a warm, welcoming atmosphere.

19432 10/15

### Salty's on Alki SEATTLE

Located on Alki Beach with the most spectacular view of the Seattle skyline.

19433 11/19

### Barking Frog WOODINVILLE

Upscale bistro in the Willows Lodge serving Northwest cuisine & wines.

19434 12/17

### Brianna's Cafe MILL CREEK

A casual, family-owned diner known for their delicious food.

19435 1/21

### Tanoor SAMMAMISH

Tanoor is a family-owned and operated authentic Lebanese restaurant.

19436 2/11

### Shawn O'Donnell's EVERETT

Family owned and operated, this Irish Pub offers the finest in Irish hospitality, food and drink.

19437 3/11

\*All trips include sales tax\*



# PKCC VAN TRIPS



BRING LUNCH/DINNER MONEY

## Trip Difficulty Rating

Mild Walking

Moderate Walking

Extensive Walking   
*(Trip may have stairs and may not be ADA accessible)*



## Bingo & Lunch - Waterway Cruises

Spend an exciting afternoon on the water enjoying bingo, a delicious lunch, and the captain's narration of Seattle sights!

19438 Tue 9/10 10am-2:30pm  
R \$83/NR \$88

## Mystery Trip

Visit six continents in one hour!

19439 Tue 9/17 10:15am-3pm  
R \$44/NR \$53

## St. Demetrios Greek Festival

This fun festival has been a Seattle tradition since 1960. Enjoy delicious Greek food, traditional singing and dancing, and fabulous shopping. Be sure to save time to sign up for a guided tour of the beautiful church. Bring dinner \$.

19442 Fri 9/27 1-7pm  
R \$25/NR \$30



## Peepers Hit Leavenworth

Experience the fall foliage as you drive over HWY 2 on your way to Leavenworth. Enjoy free time and lunch on your own before departing for the return trip over Blewitt Pass and I-90.

19440 Tue 10/1 9am-6pm  
R \$35/NR \$42

## My Lord, What a Night - Taproot Theater

Based on the real-life friendship between famed singer Marian Anderson and physicist Albert Einstein. Their friendship transcended the boundaries of the time and of their respective backgrounds, and was forged through mutual admiration, respect, and a shared commitment to justice and equality during a profoundly divisive era. NO MEAL STOPS ON THIS TRIP. Must sign up by 9/3 to secure reservations.

19443 Wed 10/9 12:45-5pm  
R \$53/NR \$57



## Snohomish & Craven Farms

Spend some time browsing in the fun Snohomish shops and enjoy lunch on your own at one of the many restaurants. On the way home pick out your favorite pumpkin while visiting Craven Farm or just explore the on-site gift shop. Bring lunch \$.

19482 Tues 10/22 10:30am-4pm  
R \$20/NR \$24

ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 41



### Paramount Theater Tour

Are you interested in learning more about the historic Paramount Theater? This 90-minute tour will include the history of the theater, behind-the-scenes visits to the dressing rooms, green rooms, backstage and more. Enjoy lunch at a local restaurant before heading home. Bring lunch \$.

19483    Tues    10/29    9:30am-2:30pm  
R \$20/NR \$24

### Meeker Mansion Tour

Take a one-hour guided tour of one of Puyallup's most important and historic sites. Enjoy lunch at a local restaurant before heading back to PKCC. Bring lunch \$.

19525    Tue    11/5    9:15am-3:30pm  
R \$32/NR \$37



### Swinomish Casino

With over 800 of the latest slot machines, player friendly rules and the table limits you want, Swinomish Casino in Anacortes is the place to play. Bring lunch \$.

19526    Tue    11/12    9am-4:30pm  
R \$25/NR \$30

### A Victorian Country Christmas

The Victorian Country Christmas Festival features vendors who offer a wide variety of high-quality gifts for the holiday season. Bring lunch \$.

19529    Fri    12/6    9am-3pm  
R \$34/NR \$38



### Warm Beach the Lights of Christmas

Here is a chance to visit your favorite holiday light display from the comfort of the van. See spectacular light displays, wave to Santa and Mrs. Claus all while staying warm and dry. Enjoy an early dinner on the way up to the lights at a local restaurant. Bring dinner \$.

19530    Fri    12/13    3:30-10pm  
R \$34/NR \$39

### Washington State History Museum

Connect with Washington State's rich history while exploring the exhibits on your own, at your own pace. Enjoy a late lunch at a local restaurant before heading home. Bring lunch \$.

19532    Tue    1/7    8:45am-3:30pm  
R \$36/NR \$41



### IKEA

Have fun exploring the store and stop by for lunch at the Ikea Swedish Restaurant and Bistro. Bring lunch \$.

19533    Tue    1/14    10am-2pm  
R \$15/NR \$18



### LaConner

Bundle up and have fun exploring the town on your own. Enjoy lunch at one of the many local restaurants before heading home. Bring lunch \$.

19541    Tue    1/28    9am-4pm  
R \$22/NR \$26



### National Nordic Museum

Explore Nordic Journeys, the Nordic Museum's core exhibition on your own and get a close-up view of Way of the Bird King, one of the Northwest Trolls. Enjoy lunch at Salmon Bay Cafe. Bring lunch \$.

19534    Thu    2/6    9am-2:30pm  
R \$21/NR \$25

# 50+ ADULTS



## Dial M for Murder - Village Theater

  Tony married his wife for her money, and now he plans to murder her for it. Will he get away with it, or will justice be served? You'll be guessing until the end! Enjoy an early lunch at Coho in Issaquah. Must sign up by 1/2/25 to secure reservations. Bring lunch \$.

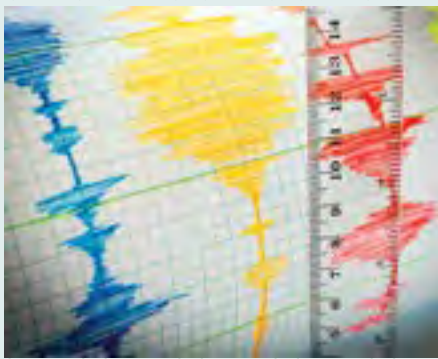
19535 Thu 2/20 10:45am-5pm  
R \$115/NR \$121






## Centralia Square Antiques

  You will have approximately 4 hours to treasure hunt in the charming stores, enjoy lunch on your own and maybe even grab an ice cream cone. Bring lunch \$.

19538 Tue 3/18 9am-5pm  
R \$29/NR \$35





## UW Seismology Lab

   Tour the Seismology Lab at the University of Washington and learn about Plate Tectonic Theory, the three zones where earthquakes occur in the PNW and how earthquakes are located and measured. Lunch at a local restaurant. Bring lunch \$.

19536 Tue 2/25 9:30am-3:30pm  
R \$34/NR \$38



## Nisqually Red Wind Casino

  This Vegas style casino offers over 1500 slots, with the newest releases on both the main floor and in the smoke-free area. Enjoy lunch on your own at one of the on-site restaurants. Bring lunch \$.

19537 Tue 3/4 10am-4pm  
R \$34/NR \$38



## Seattle Chocolate Factory Tour

  If you like chocolate, you are going to love this trip! Tour the Seattle Chocolate Factory and visit the flagship store. You will see how the chocolate is made from start to finish. They even have samples for you to try! Stop at Bahama Breeze on your way home for lunch. Bring lunch \$.

19539 Tue 3/25 9:30am-3:30pm  
R \$34/NR \$38

## Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% refund minus a \$10 processing fee. Cancellations requested Van Trip Day receive no refund.
2. Pre-purchased tickets are non-refundable. This includes all special events (theater, movies, cruises, etc.).
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the city limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425-286-1026 no more than 2 weeks before the trip and no later than 48 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



# CITY OF KIRKLAND SENIOR COUNCIL



**APPLY  
TODAY!**

## WHAT IS THE KIRKLAND SENIOR COUNCIL?

The City Council established the Senior Council in 2002 to ensure Kirkland remains a safe, vibrant community for residents ages 50 and older. The members of the Council are a group of concerned citizens like you.

## THE KIRKLAND SENIOR COUNCIL WELCOMES YOUR IDEAS, QUESTIONS, AND SUGGESTIONS!

Meetings are held the second Tuesday of the month at 1:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue. For more information, contact Betsy Maxwell at 425-587-3360 or email [Scouncil@kirklandwa.gov](mailto:Scouncil@kirklandwa.gov).

Recruitment for new members will be October 1-31 and is open to adults that live, work, or serve the City of Kirkland. For more information or to apply, please visit [kirklandwa.gov/SeniorCouncil](http://kirklandwa.gov/SeniorCouncil) or email [Scouncil@kirklandwa.gov](mailto:Scouncil@kirklandwa.gov).

## Join the Kirkland Senior Council

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## Kirkland Senior Council Special Presentation

### Medicare Part D

Outreach Specialists for Medicare & Medicaid Services will be onsite to provide non-biased information on Medicare Part D plans. Learn how to best utilize your plan, when and how to change your plan and what rights you are entitled to. Also, hear about the changes to Medicare Part D including the out-of-pocket spending cap and other updates.

19853 Thu 10/10 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

### Aging in Place Part II; Construction & Remodeling

It is a scientific fact that people who stay living in their own homes live longer, happier, healthier lives that are less expensive than traditional care facilities. Aging in place doesn't need to feel sterile or hospital-like. Comfort, convenience, and stunning design all work together so all may thrive and enjoy life and each other in the home. Not ready for a full-scale remodel? That is ok, learn how to prepare your spaces for future easy modifications when needed. It doesn't all need to be done now. Learn how you can prepare for your future today. Preregistration is required.

19854 Thu 1/30 10am-12pm

Free

LOCATION: PKCC



### All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.



Please visit [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation) for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111.

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 57). Contact EvergreenHealth Community Health Care Access Team at 425-899- 3200 for other options.

### Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. When school is not in session, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels in Kirkland are deemed unhealthy according to the Environmental Protection Agency's (EPA) website [www.airnow.gov](http://www.airnow.gov), all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed. Our inclement weather hotline is 425-587-3335.

### Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her/their Title VI protection has been violated may file a complaint with the City.

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov) 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov) 로 제VI편 코디네이터에게 문의하십시오.

### Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov) or call 425-587-3330.
- Some programs have specific cancellation requirements outside our general cancellation policy listed below. For detailed information,


please see our Refund and Cancellation Policies at [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation).

- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (Exception: progressive level transfers directed by program instructor.)
- Visit [www.kirklandwa.gov/ParkRentals](http://www.kirklandwa.gov/ParkRentals) for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

### Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website [www.kirklandparks.net](http://www.kirklandparks.net) will be most up to date.

### WATCH FOR THESE ICONS

-  New Program
-  Virtual Program
-  Family Program